

Client: Utah
Source: Travelbite (Web)
Date: 21 April 2011
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Top 5 adrenalin pumping adventures to try with American holidays

If you're something of an adrenalin junkie, you might like to work this into your next getaway, and where better to do so than in the land of adventure itself - America? There are all kinds of USA adventures available, from caving to horse-riding, so take a look to find your perfect break.

Straying from the beaten path can give you a holiday to remember forever and if you choose to visit America you're sure not to be disappointed. Whether you want to brave the cold in Alaska or experience the Wild West in dusty and arid Arizona, there's sure to be something for you.

If you'd like to take in some spectacular scenery during your vacation, why not consider travelling to the south-west USA, where you'll find the Grand Canyon really takes your breath away?

Spend ten days in Arizona and Utah and you'll be able to follow cliff-top walking trails to get some fantastic views over this natural wonder. You can also explore Monument Valley and pitch your tent under the stars before visiting a real cowboy camp and taking a pony trek through the desert.

There are plenty of stunning national parks in the area too, and you can expect to call in at the spectacular Canyonlands, the Arches National Park - where you can mountain bike along the Slickrock Trail - and Zion National Park, home to the famed Angel's Landing lookout point.

Before you think about returning home from your break, be sure to spend a day in Sin City exploring the many vibrant casinos and clubs Las Vegas has to offer.

If you're after a true challenge in bracing conditions, you might like to look at American holidays to the incredibly beautiful Denali, Wrangell-St Elias and Kenai Fjords National Parks in Alaska.

Here you can hike over some stunning glaciers such as Kennicott in Wrangell-St Elias National Park or enjoy a vertical challenge ice climbing on Root Glacier. After a couple of days of exertion you're sure to enjoy a restful but spectacular drive through the Alaska Mountain Range towards Denali National Park, where you might catch sight of moose, caribous, foxes and bears.

Take in the amazing view of Mt McKinley - North America's highest mountain - before heading on to Kenai Fjords National Park. Onboard a boat, you can go whale watching before trekking over the ice, going sea kayaking or mountain biking through a wilderness camp.

And before you leave this beautiful location, call in at the Kenai National Wildlife Refuge to take a canoe ride across pine-enclosed lakes and see the proud eagles soar through the air.

If you've not much time to spare for your break over the pond, you'll find plenty of shorter holidays ideal for adventure lovers. For a great mix of city life and scenic views, consider travelling from New York to the amazing Niagara Falls for a four-day break.

On your first day you'll head to the beautiful Delaware Water Gap on the famous Appalachian Trail and enjoy a picnic lunch in the Pocono Mountains before heading to the Falls themselves.

Take a boat cruise through the thundering waterfall and expect to get drenched before setting up camp on the



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shore of the Finger Lakes where you can take a refreshing swim. You'll also get to explore the college town of Ithaca and visit some fantastic shopping malls when you return to the Big Apple for some sightseeing before the journey home.

If you have a penchant for stunning views, another break you might like to consider is travelling from San Francisco to Yosemite National Park. Go sightseeing in the city before crossing the Sierra Nevada Mountains and enjoying a fabulous sunset cruise on Lake Tahoe.

A highlight of the trip will be climbing the 10,000 feet of Tioga Pass for some wonderful views and hiking or mountain biking across the landscape within Yosemite, where you'll find glacier-carved rock and cascading waterfalls.

Heading on to Nevada Falls, you'll be in for a real feast for the eyes when you catch sight of the imposing El Capitan.

If you'd like your America holidays to be a little further flung, why not choose a trip that also takes you from Seattle to Canada? Here you can take the ultimate caving adventure tour on Vancouver Island and zip-line through the trees, as well as spotting some giant whales!

You can also expect to call in at Pacific Rim National Park and enjoy camping and getting closer to nature before retuning to Seattle for some sightseeing.

Whatever you'd like from your adventure holiday, you can be sure of finding it on breaks to the USA.

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